

# Arkansas Spinal Cord Commission

## 2005 Annual Report

**Mike Huckabee, Governor**

**Arkansas Spinal Cord Commission**

**Jimmy Ashley, Jonesboro, Chair**

**Robert Foster, M.D., Fayetteville**

**Joe McNeil, Hope**

**James Miller, Harrison**

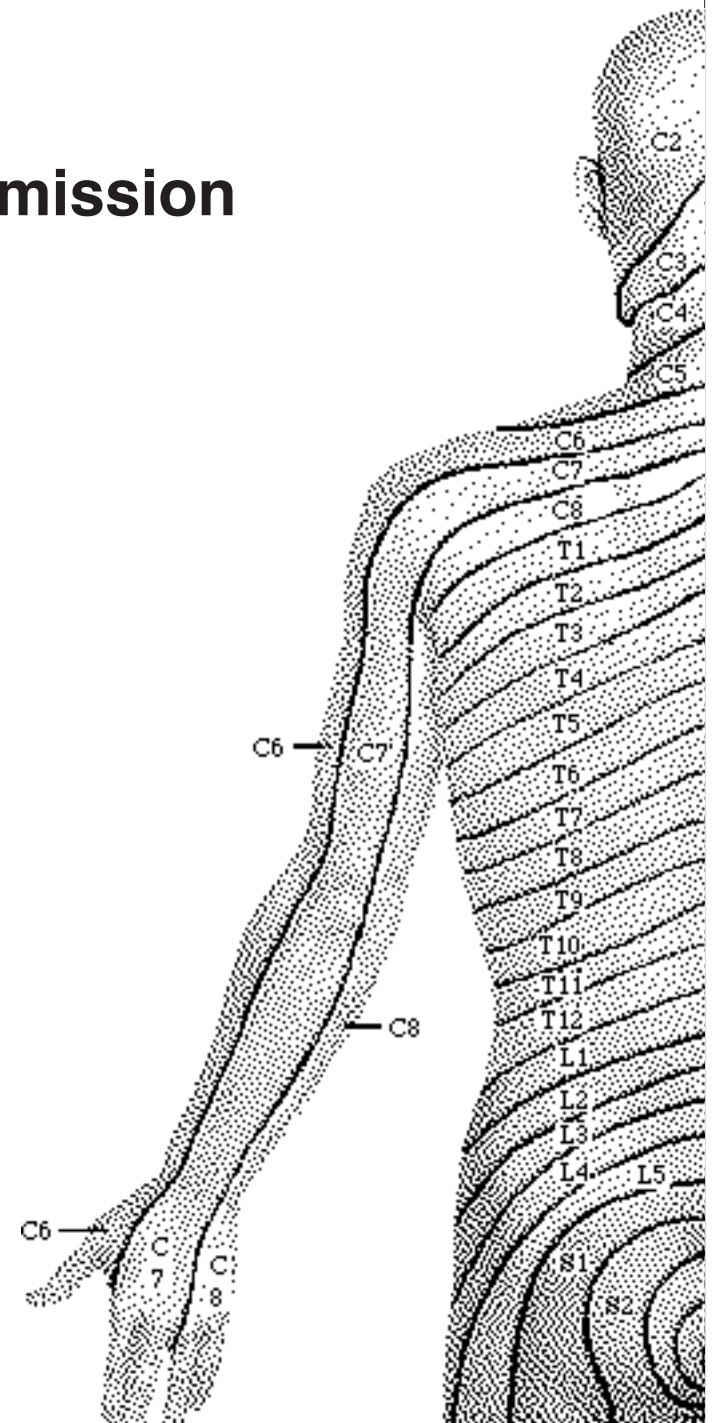
**Sandra Turner, Little Rock**

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[www.arkansas.gov/ascc](http://www.arkansas.gov/ascc)



# AGENCY HISTORY AND DIRECTION

## Agency Mission

The mission of the Arkansas Spinal Cord Commission is to administer a statewide program to identify and meet the unique and lifelong needs of people with spinal cord disabilities in the state.

## Scope of Services

Each year, nearly 200 Arkansans sustain spinal cord injuries that are severe enough to limit their abilities to function in their homes, their jobs and their communities. For most of these individuals, the disability is permanent, causing limitations in their mobility, sensation and other functional abilities. These disabilities have a significant impact on the individuals and their families and communities.

The Arkansas Spinal Cord Commission provides a variety of services to individuals with spinal cord disabilities and their families throughout the state of Arkansas. Fourteen Case Managers in 10 field offices provide services to citizens in all 75 counties. Services are tailored to the needs of the individual and family and are as diverse in scope as the families that we serve. The Commission staff work in concert with state and federal agencies, medical

and home health services, rehabilitation and educational institutions and community agencies to assist these individuals in accessing the services that they need.

The Arkansas Legislature established the Commission in 1975 to provide a coordinated approach to early identification, emergency care, acute and rehabilitation treatment and long term follow up. Within this system of care, the Commission provides a link between Arkansans with spinal cord disabilities and their families and the multifaceted system of treatment and services available to them.

It is the goal of the Arkansas Spinal Cord Commission to ensure that all persons with spinal cord disabilities in our state are provided every opportunity to live as independently and productively as possible.

## Legislative Mandates

ACT 311 of 1975 (aca 20-8-201)

“An act to establish a program for the quality care, treatment and rehabilitation of persons who have sustained acquired or congenital spinal cord injury or damage: To establish a state Spinal Cord Commission to administer said program: to authorize the cooperative development of an Arkansas Spinal Treatment Center and for other purposes....”

ACT 330 of 1977 (aca 20-8-206)

“... The Arkansas Spinal Cord Commission shall establish and maintain a central registry of spinal cord disabled persons: Every public and private health and social agency and attending physician shall report to the Commission within five (5) calendar days of identification of any spinal cord disabled person. Consent of the individual shall be obtained and the report shall contain the name, age, residence and type of disability and other information as needed.

Within fifteen (15) days of the report, the Commission shall notify the individual or family of their right to assistance, services available and eligibility requirements and make referrals to the appropriate agencies and services to assure optimal rehabilitative services.”



## PROGRAM SERVICES

### Case Management Services

Coping with a spinal cord disability is difficult. The newly injured individual and his family face a plethora of questions and concerns about the disability and how it will affect their future.

The Case Manager can answer many questions regarding the injury and its effects for the individual and his family. Case Managers also assist families in identifying and applying for services to assure that they access every available resource. As the individual progresses through treatment, the Case Manager provides an integral role in assuring that the individual's transition home is a smooth one.

The Case Manager is also there for those individuals living in the community who need information, referral and assistance with obtaining treatment or equipment. This community based intervention prevents costly stays in hospitals and institutions of these otherwise independent individuals.

In Fiscal Year 2005, 2,391 Arkansans with spinal cord disabilities received services ASCC. Fourteen Case Managers made 5,837 visits to these disabled individuals, providing services to meet their unique needs.

### Long Term Attendant Care

Spinal cord injured Arkansans with quadriplegia depend on someone else to feed them, brush their teeth or get out of bed and get dressed each day. For those eligible spinal cord injured quadriplegics, ASCC provides a long term attendant care program to allow individuals to remain in the community with the assistance of a personal care provider who assists them with their basic needs for up to four hours a day. Designed to keep individuals out of nursing homes, this small but cost effective program served 23 clients in fiscal year 2005 at an average cost of \$6,971 per person. This is about twenty percent the cost of maintaining a person in a nursing home.

### Education

Educating our clients, their families and healthcare providers about spinal cord disabilities continues to be a major role for ASCC. In October, the Commission teamed with the Spina Bifida Association of Arkansas for 'Fall Family Fest,' an educational/recreational program at Camp Aldersgate. While kids participated in recreational activities, parents attended educational sessions and had an opportunity to share experiences. Later in the day families participated together in tours of the camp, wheelchair sports and fitness activities. Family oriented education programs such as this one are always well attended.

### Prevention

Most spinal cord injuries are preventable. The Commission partners with the Arkansas State Police Highway Safety Program to conduct the Split Second Decision Program. Aimed at young adults, the program promotes good decision making in buckling up and not drinking and driving. This year the program has been aimed at students on college campuses with freshman orientation, Spring break and graduation. We made 64 Split Second Decision presentations to 2,370 participants this year. In addition, the Commission sponsored the Prom Card project, placing cards with the message, *'its ok to be nervous about prom – just don't get paralyzed by it'* in corsage boxes and rental tuxedo pockets for high school proms around the state. We also developed a

'buckle up' postcard and keychain that was disseminated to all new drivers who passed their driving test by Arkansas State Troopers. Over 2,000 key chains were disseminated this year to young adults.

### Research

The Commission has collected data on clients with spina bifida for over a decade. This year, working with the UAMS Partners program, we followed up clients who had completed a 1993 secondary conditions survey. We contacted nearly 200 clients and their mothers to collect new information. The 1993 and 2005 data will be compared to create one of the only longitudinal studies on secondary conditions for persons with spina bifida. ASCC Case Managers conducted the surveys over a 6-month period. This data will help us in our program direction and advocacy efforts.





## SPINAL TREATMENT SERVICES



### Spinal Treatment Services

Imagine you or a family member has sustained a spinal cord injury. The results are devastating, affecting every aspect of the family's life and livelihood. In the midst of dealing with the physical and emotional aspects of the injury, reality strikes: Where and how will we get the needed wheelchair to allow him to be mobile? How will we get the wheelchair into our house?

These questions face the families of all newly spinal cord disabled individuals. Spinal cord injury is a catastrophic and costly disability, taking its toll both personally and financially. Cost of spinal cord injury over a lifetime averages over one million dollars. Each year, individuals with spinal cord disabilities face health care costs averaging \$17,100 more than other citizens.

ASCC provides needed assistance to meet these costs for individuals with spinal cord disabilities who meet established medical and financial criteria. These purchases are authorized by the ASCC Case Managers only when similar benefits, such as insurance coverage, have been exhausted.

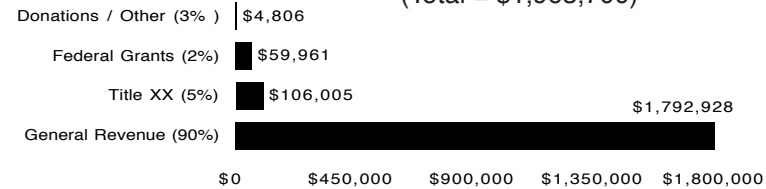
These purchases include medically prescribed equipment such as wheelchairs, braces, therapeutic cushions, medical supplies and medications. In addition, the Commission assists with providing home modifications including ramping, driving adaptations and outpatient clinic and therapy visits.

In Fiscal Year 2005, the Commission expended \$428,154 for these essential goods and services. In addition, the ASCC Case Managers were able to obtain an additional \$492,771 in services on behalf of their clients from other sources.

## AGENCY BUDGET

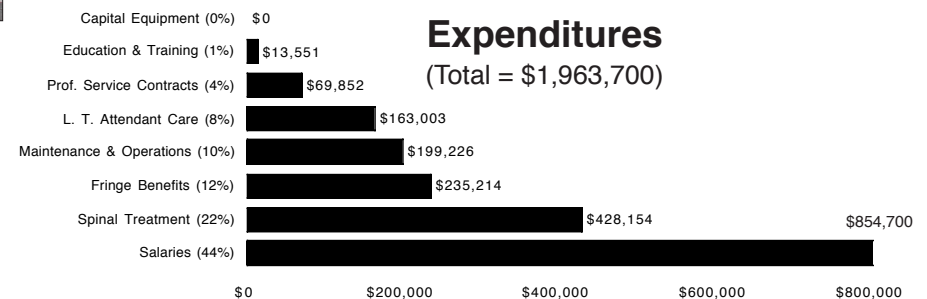
### Income

(Total = \$1,963,700)



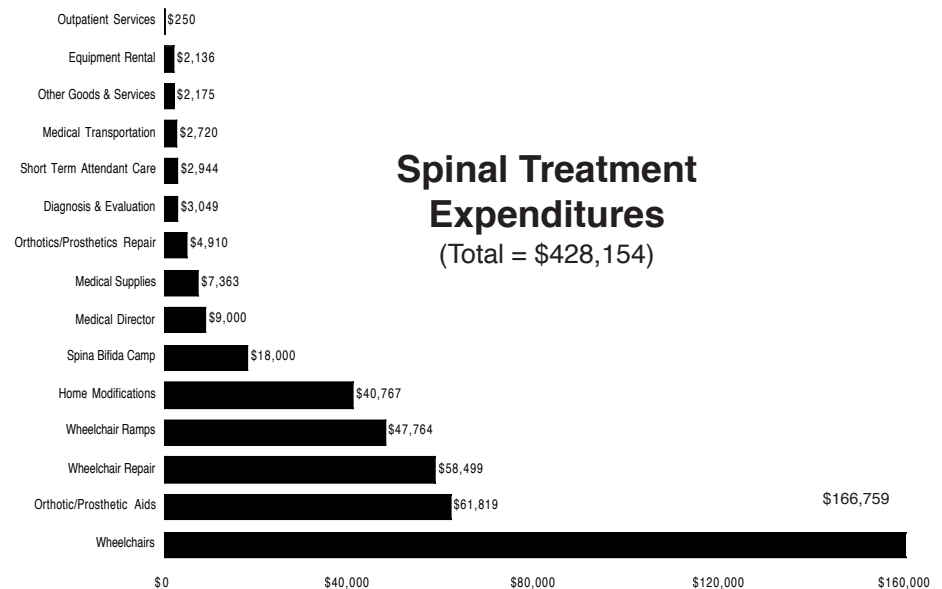
### Expenditures

(Total = \$1,963,700)



### Spinal Treatment Expenditures

(Total = \$428,154)





# AGENCY REFERRAL SERVICES

## FY2005 New Cases by Etiology

Traumatic (n=102)

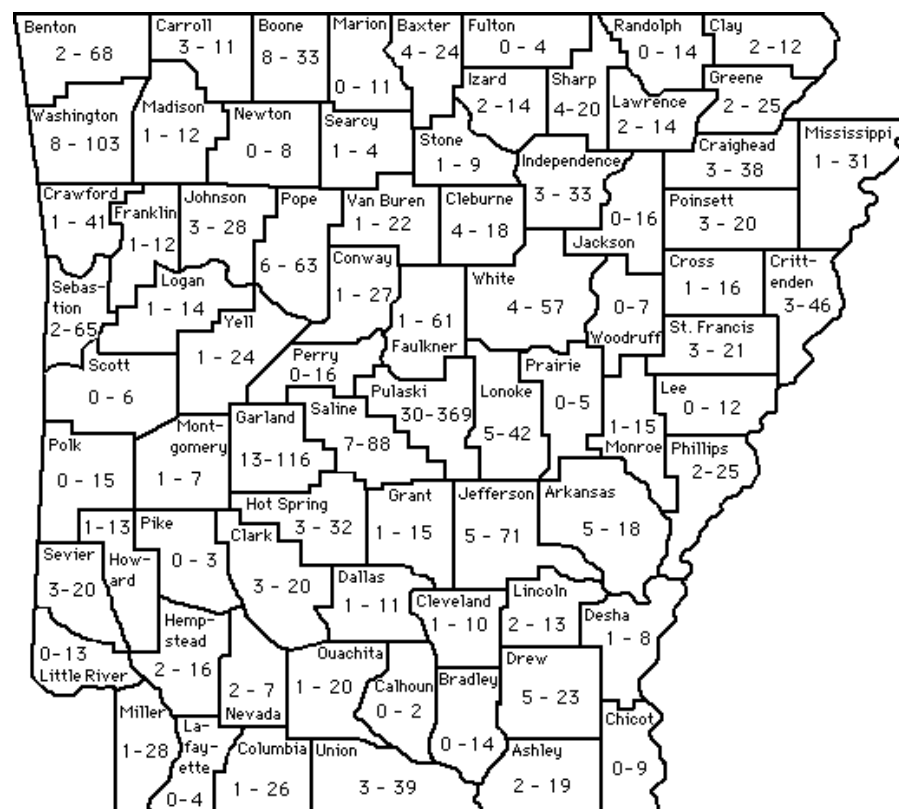
Cause	Number	Percent
Motor vehicle	49	48.0%
Falls	16	15.7%
Gunshot	13	12.8%
Motorcycle	6	5.9%
ATV	4	3.9%
Pedestrian / motor vehicle	3	2.9%
Falling object	3	2.9%
Diving	2	2.0%
Other	6	5.9%

Non-traumatic (n=83)

Cause	Number	Percent
Multiple Sclerosis	18	21.7%
Spinal cord tumors	15	18.1%
Spondylosis	15	18.1%
Spina Bifida	8	9.7%
Hemorrhage / thrombosis	7	8.4%
Transverse myelitis	5	6.0%
Herniated disk	3	3.6%
Spinal abscess	2	2.4%
Amyotrophic lateral sclerosis	1	1.2%
Guillain Barré	1	1.2%
Other diseases / unknown	8	9.6%

## FY2005 New Cases - Caseload by County of Residence

(First number is 2005 new cases. Second number is total caseload.)



## Causes of Spinal Cord Disabilities

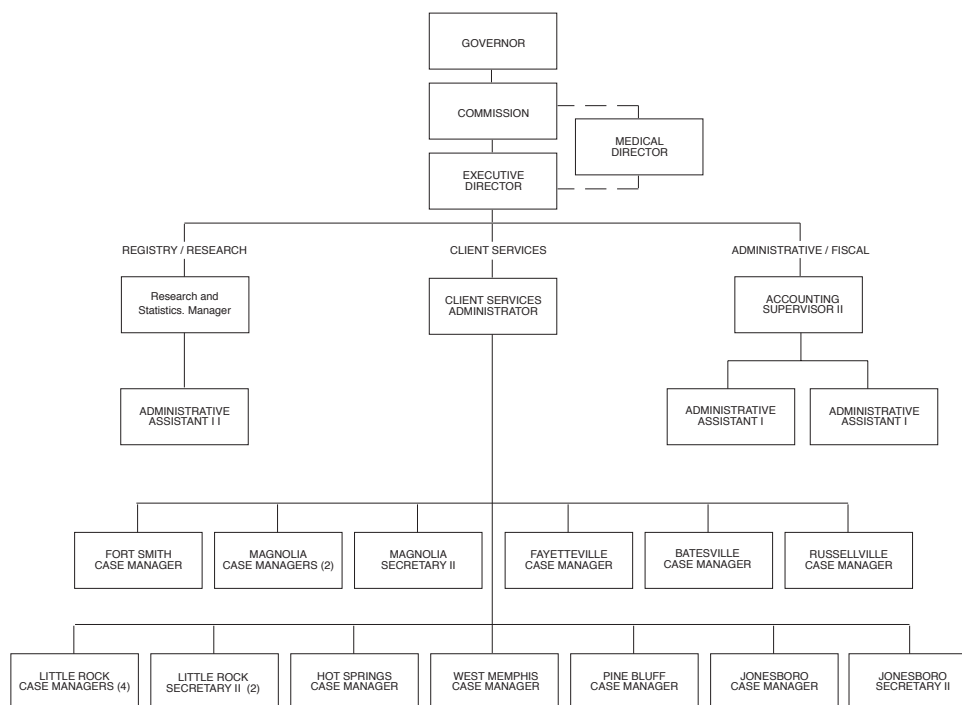
Referrals to the Arkansas Spinal Cord Commission during FY2005 numbered 215; of these, 185 met the medical criteria and were accepted as new cases. Traumatic cases increased 10.9% and non-traumatic cases decreased 11.7% compared to FY2004 cases.

In FY2004 gunshot and assaults were at their lowest level in five years; however, the increase in traumatic cases for FY2005 was due entirely to an increase in gunshot violence. There were no major shifts in the non-traumatic categories from FY2004 to FY2005. The number of spina bifida cases in FY2004 and FY2005 were about one half the number reported per year from FY2000-2003. Hopefully this lower level can be maintained.

## Central Registry

The Arkansas Spinal Cord Commission maintains the oldest legislatively mandated spinal cord registry in the Country. It is also one of the most comprehensive in the elements collected, as well as in the scope of spinal cord disabilities (including traumatic, disease and congenital cases). The intent of the Central Registry is to insure the referral of all persons with spinal cord disabilities in order that they obtain appropriate rehabilitative and other needed services. In recent years, the Central Registry has also provided data to aid in the development of secondary condition prevention efforts. These efforts include several state based projects as well as making data available to the national spinal cord injury registry at the Centers for Disease Control and Prevention.

# ORGANIZATIONAL CHART



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